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TRIP DOSSIER

MOZAMBIQUE EXPLORER (ME) (17 DAYS LAND ONLY)

Updated 28/03/2005

Mozambique offers an enticing and fascinating blend of cultures, from the overgrown remnants of Portuguese outposts along the mighty Zambezi to the ancient, mysterious Mwenu Mutapa kingdom and the enchanting and unique Islands.

Mozambique is situated on the east coast of southern Africa and covers an area of some 800,000km². The warm waters of the Indian Ocean, with its many lagoons, coral reefs and islands, washes along the magnificent 2,500km coastline.

So far, fortune-seekers have failed in their quest to find the legendary mines of King Solomon, said to contain hoards of gold, yet the stunning diversity of coastal, riverine, mountain, and forest environments are Mozambique's real treasure trove; home to a splendid array of fauna and flora interspersed with traditional villages.

This journey, diverse in experiences, is an in-depth exploration of this friendly country, from the coast, game parks and Cahora Bassa.

Grading: *Anyone in good health with a sense of adventure should be able to take part. There is no real physical difficulty involved, but as in much of Africa, rough roads, limited facilities and basic accommodation may require you to adjust your level of expectations.*

NB: *Although it is our intention to operate this itinerary as printed in the brochure and detailed below, it may be necessary to make some changes as a result of alterations to flight/boat/train schedules, climatic conditions, or other operational factors. As a consequence, the order or location of overnight stops may vary from those outlined.*

Included meals are indicated in the daily itinerary (i.e. BLD - Breakfast, Lunch, and Dinner).

Day 1: Lilongwe

Barefoot Safaris will meet you at the airport. After which we will begin our ulendo by leaving the Central African Plateau driving down into the Rift Valley on the way to Mangochi.

Tonight, we will enjoy our first sun downer whilst listening to the guide brief us about the tour. We will also have time to explore the most southern tip of Lake Malawi where it drains into the Shire River.

Chalets, 1 night

Day 2: To Nampula

After an early breakfast we cross into Mozambique via Mandimba border post. Mozambique was probably derived from the name of one of the more influential Arab slave traders. Sultan (or perhaps Sheik) Mussal A'l Bik, or Moussa Ben Mbiki, had his base on the tiny island off the mainland

1 of 5

Issue 1: 10/04/2005

coast. The locals in all likelihood gave the arriving Portuguese his name when they were asked what the island was called, or who was in charge. The Swahili word for Mozambique, Msimbiji, lends further credence to the name's origin. We travel through an ever-changing landscape, dotted by granite inselburgs and small scatterings of huts. Arriving late in the afternoon at Nampula, this offers us our first chance to sample the local food. In the event that the road is too slow-going, we will camp in the bush en-route. If we camp then dinner will be included.

1 night camping/pension (B, L)

Day 3: To Pemba

After breakfast our ulendo will take us to Monape where we turn north to Pemba, previously called Porto Amelia. Seen from the bay, the white, flat-roofed buildings of Pemba's old town are typical of many of Africa's original colonial towns. Built on a hill; the town climbs steeply from the quayside to the Art Deco cinema at the top of the hill. We settle in at Wimbe Beach, which has a great beach and good snorkelling. The afternoon will be at leisure.

2 nights camping/chalets

Day 4: At Pemba

Today we can explore Pemba and the surrounding area. You can go snorkelling, visit the sculptors at the Cooperitivo Makonda, laze on the picturesque beach and generally experience the local culture.

Bird watching in the surrounding area is quite productive and we have the opportunity to sample the fresh seafood in the local restaurants. Coral reefs provide a habitat for a large variety of organisms, which rely on

the coral for food and shelter. Decapod crustaceans such as shrimps and crabs, as well as fish like the parrotfish (Scaridae) depend upon coral for shelter. Sponges inhabiting coral cavities as a protection from predators remove small chips of calcium carbonate from their hosts, thereby causing bio-erosion. Other organisms that inhabit the reefs include; crown-of-thorn starfish, sea urchins, jellyfish, clams, oysters, turtles and colourful sea anemones.

Day 5: To Isle de Mozambique

After breakfast we will drive for approximately half a day, turning south we through the tropical lowlands to the world heritage site of; Isle de Mozambique. Mozambique Island is located where the Mozambique channel is at its narrowest with Madagascar only 350km (217 miles) to the east, which is one of the reasons why first the Arabs and later the Portuguese, turned the island into a major fortified port city. Other features, which were favoured over a thousand years of foreign occupation, are safe anchorage and a fortunate location in relation to the monsoon trade winds. Although the Arabs probably began trading with East Africa around AD500, the formal documentation of their 1500-year dominance in this sector of the Indian Ocean was not a Portuguese priority. What is certain is that sultans held sway in this area when in 1498 the Portuguese explorer, Vasco de Gama steered his 150-tonne caravel into the calm waters off the island.

2 nights pension (L).

Day 6: Isle de Mozambique

Today we will explore on foot. This tiny isle, 2,500m (8,202ft) long and 600m (1,969ft) at its widest point, is a microcosm of the major

Barefoot 767



tribal, cultural, historical and linguistic influences, which have formed modern Mozambique. The island has been dubbed Africa's 'meeting point of civilizations'. Persians, Indians and Arabs came to trade and stayed; the Portuguese settled for 500 years; the Dutch and the English tried, in vain, to dislodge them; and today African people still stop over here during fishing expeditions. Early commerce centred on cloth, beads and spices from the East, which were, bartered for ivory, gold, precious stones and slaves from the African hinterland. Eager to share in (and dominate) the ancient trade routes, King Emanuel of Portugal sent out scouts to blaze a trail to India. Nine years after Vasco da Gama clashed with Arab sultans on the island, the Portuguese formally occupied it, building a small stockade and leaving behind a mere 15 men to protect this outpost.

Fortaleza São Sebastião. In 1558, using granite quoins shipped as ballast from Portugal on the light caravels, construction on the fortress of St Sebastian began. Due to the lengthy voyage to and from the motherland, the 12m-high (39ft), 750m-long (2,460ft) walls of the fortress were complete only 40 years later. For years São Sebastião was Africa's largest structure south of the Sahara, meant to symbolize the impregnable foothold of the Portuguese in Africa.

However, it took the economic realities of the 20th century, not foreign invaders, to finally dislodge the settlers. Bigger modern ships needed deeper ports, and isolation, long an asset, now became an impediment. By 1960, the island had lost all of its former importance to the Portuguese and was left to rot.

Capela de Nossa Senhora do Baluarte. This church, which lies in ruins behind the fortress on the north eastern point of the island, was built in 1503. Although brutally vandalized and severely dilapidated, if you look inside you will see a crumbling memorial tablet.

Day 7: En-route to Gorongosa

The safari continues south through the heartland of the Zambezi province. En-route we cross the mighty Zambezi River by ferry at Cain. An interesting tribal divide, closely following the course of the Zambezi, is that the northern tribes are uniformly matriarchal, while those in the south are almost entirely patriarchal. However, the tribes of the Zambezi valley itself, as well as those influenced by the patriarchal Islamic religion along the far northern coast, contradict this pattern. From Pemba northwards, a distinctive language called Makua has developed, which is only vaguely related to the surrounding languages. Only a short distance inland from the coast, Makua gives way quite abruptly to Lomwe and Makonde. Please take note that this day is mostly spent travelling.

Bush camping (L, D).

Day 8: To Gorongosa National Park.

After breaking camp and a bush breakfast we continue our ulendo south. Entering

Sofala province we travel to Gorongosa National Park. Of the big five only elephant and buffalo are commonly seen by visitors, rhino and leopard can also be found, but are exceptionally shy of humans due to heavy poaching in the past. Lions were mercilessly hunted during the past strife, but are making a comeback and are often found slinking around their old haunt, *casa dos leões*, the ruins of the original rest camp. Herds of rare sable and roan antelope, zebra, impala, kudu and eland, as well as the odd elusive cheetah also roam across the park's vast expanse. The Gorongosa's bird life could well be labelled the 'little five hundred', as this is approximately the number of species occurring in the area. The afternoon is spent on game activities.

2 nights camping at Chitengo Camp (BLD)

Day 9: Gorongosa National Park.

Today is spent on game activities. Gorongosa National Park was the base for the opposition Renamo movement from 1980 to 1986. The soldiers had to survive by hunting, which meant that the wildlife suffered badly. International attempts are currently underway to reintroduce herds of elephant, buffalo and other game, and visitors are already able to sip sundowners overlooking the waterhole at Chitengo Camp. A night drive is possible (optional).

(BLD)

Day 10: Vilankulo

After breakfast and after breaking camp we travel south to Vilankulo. Located about halfway between Mozambique's two major towns, Vilankulo is the gateway to the Bazaruto Archipelago. After setting up camp we explore the town.

1 night camping (BL)

Day 11: Parque Nacional De Bazaruto.

Today we take a dhow to the island. Africa's version of the famed Galapagos Islands, the Bazaruto Archipelago and surrounding marine environment is a complex and unique ecosystem well protected by its isolation. Harboured one of the last viable populations of dugong along the entire East African coast, the Bazarutos command some of the most pristine coral reefs in the Indian Ocean. In descending order of size Bazaruto, Benguerra, Magaruque, Santa Carolina and tiny undeveloped Bangué Island each have their own particular charm and character. Amid the turquoise shallows surrounding each island, in the tidal inlets and shaded sea pastures opening into the deep Mozambique Channel, a wealth of marine life exists. For conservationists the uniqueness of this archipelago lies in its fragile diversity. Wildlife ranges from migrant bird species, frigate birds and falcons to crocodiles lurking in the brackish inland lakes. At least five species of turtle have their breeding ground here, while various antelope, rodents, lizards and snakes inhabit the massive mobile sand dunes and adjacent scrubland. We charter a dhow and sail to the northern part. The dugong's Latin name, *Sirenia*, derives from the mythical Sirens of Greek folklore who

lured lovesick sailors to rocky shoals. These tales may have originated due to the fact that dugongs, which look similar to walrus, suckle their live-born young from teats that are situated high on the mother's chest. Slow, sluggish and unafraid of humans, dugongs were hunted almost to extinction for their succulent flesh; however, recent studies indicate that they still occur and probably even breed around the Bazaruto Archipelago, and along the Inhambane and Zambezi coasts.

2 nights camping (B)

Day 12: Parque Nacional De Bazaruto.

This day we will take at leisure with a number of optional excursions to choose from and of course your guide will assist you with booking any of the activities you wish to want to partake in. We can explore the island, which has some good birding and there is also an optional boat cruise to three-mile reef for snorkelling.

The three larger islands, Bazaruto, Benguerra and Magaruque were once joined, forming a, 70km (42 mile) sand spit moulded by a combination of wind action, changing sea levels and long-shore current drift. This giant sand dune broke into four pieces some 6,000 years ago (Santa Carolina, a rocky outcrop, had separated from the mainland 120,000 years previously).

Ilha do Bazaruto. About 30km (18 miles) long and some 3km (2 miles) at its widest, Bazaruto is the biggest island in the archipelago, parallel with the mainland, on its northern point where the Farol do Bazaruto (lighthouse) last flashed out to sea 20 years ago (optional) visit.

Farol Do Bazaruto. Built by the Portuguese in 1890, this paraffin-powered lighthouse is just one of a string that guided mariners through the treacherous waters of the Mozambique Channel. Lighthouses were supplied, on an irregular basis, by a small ship, which steamed up and down the Mozambican coastline and sent out a rowboat with supplies. There are quite a lot of optional excursions to suit everyone's needs.

(B)

Day 13: En-route to Cahora Bassa

After breaking camp we venture back by boat or by dhow to Vilankulo to continue with our ulendo northwest. The unique mixture of varying geological components, soils, relief, altitude and precipitation in the Manica and Tete provinces have produced a unique habitat that is rich in endemic fauna and flora. Here birds such as the green-headed oriole and the moustache warbler, draw bird enthusiasts from all over the world. Depending upon our arrival time at the mainland, we will continue en-route to Cahora Bassa.

Free camping (BLD)

Day 14: Cahora Bassa

Today we drive to Cahora Bassa. The name Cahora Bassa (Cabora Bassa in colonial



times) is probably a corruption of the Chewa term *kebrabassa*, their name for the once magnificent stretch of rapids in the gorge across which the dam was constructed. *Kebrabassa* means 'the end of the work', an appropriate name for the point where traders and travellers, who were using the Zambezi as a route into the interior, were forced to turn back by the rocks and waterfalls. Boats paddled by locally 'recruited' slaves found their progress blocked at Kebrabassa (now Songo), and explorers like David Livingstone, who was searching for a navigable route into central Africa, could only drift back downstream to Tete, probably to the considerable relief of the pitifully treated serfs. We explore the area and there will be an optional boat cruise or a fishing expedition and a walking safari.

Camping, 1 night (B)

Some facts about the Cahora Bassa Hydroelectric Project:

- Date of completion: 1974.
- Dam type: double-curved concrete arch.
- Dam height: 160m (525ft).
- Dam wall height: 331m (1,086ft).
- Length: 270km (168 miles).
- Capacity: 52,000 million m³.
- Average inflow: 2,800 cusecs (98,881 cusecs).
- Flood inflow: over 30,000 cubic metres per second.
- Area: 2,660km² (1,027 sq miles).
- Catchment area: 1,200,000km² (463,200 sq miles)
- Generating potential: 4,000 megawatt.
- Length of Direct Current (DC) transmission lines: (Songo-Apollo near Pretoria), 2,400km (1,491 miles).
- Length of AC transmission lines: (Songo-Chimoio and Songo-Nampula) 2,000km (1,243 miles).

Day 15: Zomba Plateau

After breakfast and striking camp we drive to the border with Malawi. Leaving Mozambique behind we drive to the enchanting Zomba Plateau, which rises 915m above the surrounding plains. This is a place of sheer beauty with its flowering trees and shrubs, clear mountain air, trout streams and fantastic scenery. We spend the rest of the day on the plateau with time left free for personal exploration doing nature walks or visiting one of the view points.

Overnight hotel (B)

Day 16: To Lilongwe

After breakfast we follow the Rift Valley to Lilongwe. En-route we stop at Mua Mission where we visit the Kungoni Craft Shop, full of paintings and wood sculptures by local

people. A visit to the Chamare Museum, an exhibition of traditional indigenous art, crafts, weapons, clothing, implements and ornaments (both modern and old) is worth while as there is nothing like this museum anywhere else in Malawi and few other in Southern Africa (optional). The afternoon is free for a last look around the Capital. We have our farewell gala dinner for those departing home.

Overnight lodge (B)

Day 17: To Airport

Transfer to Airport. End of services.

About Mozambique: Top attractions:

- Bazaruto Archipelago: Fauna and flora with interesting dives away from the crowds;
- Mozambique Island: former capital of the country; has a 16th century Portuguese fortress; wonderful ambience;
- Wimbe beach, Pemba: overlooking a picture-perfect inland bay;
- Lake Cahora Bassa; a vast population of crocodiles and hippo, great tiger fishing.

Vital Statistics:

- Location: Between 26°52'S-21°27'S and 30°31'E-40°51'E.
- Area: 799,380km² (308,561 sq miles).
- Highest point: Mt Binga, 2,436m (7,993ft).
- Highest-lying province: Niassa; lowest is Sofala.
- Warmest town: Tete (28°C, 82°F); coolest town is Lichinga (18°C; 64°F).
- Largest river: Zambezi; length in Mozambique is 820km (510 miles).
- Largest bay: Pemba, at 3,900km² (1,505 sq miles).
- Deepest harbour: Nacala, at 300m (984 ft).

NOTE: Due to the limited infrastructure in Mozambique its bad roads and basic accommodation, we on some days be bush camping and some days will involve long hours travelling.

Please also note that if the ferry over the Zambezi River is not working, we will have to change the itinerary.

RESPONSIBLE TRAVEL

Since January 2003, Barefoot Safaris has donated £10 for every person we take to Zambia, to assist with the funding and development of **Chanyoli School**. Parents and school staff have recently fired 60,000 bricks and will begin building this year. You may like to bring some books or school equipment to assist this very deserving project and see for yourself how well received it is.

We also support the **SOS Children's Village**, which you can visit in Lilongwe. They would be most grateful for any children's clothes or toys that you might donate.



Price Includes:

- All transport on tour.
- All meals as per itinerary.
- All park entry fees.
- All game viewing activities as per itinerary.
- All armed scout fees as per itinerary.
- All accommodation fees as per itinerary.
- Tents and sleeping mattresses.
- Safari equipment.
- Reference library.
- Deep freezer.

Price Excludes:

- Airfare.
- Visa fees.
- Airport taxes.
- Meals as per the itinerary.
- Drinks.
- Expenses of a personal nature.
- Any changes to the itinerary.
- Travel and medical insurance.

NB: When camping everyone is expected help with camp cooking, camp chores, loading and unloading of the vehicle as well as making & breaking camp.

**** Excursions:** A qualified grade 1 safari guide from Barefoot Safaris will accompany clients on all excursions except where it is necessary to employ a guide from local parks.

ADDITIONAL INFORMATION

Climate: Malawi and Mozambique's wet seasons run from mid October or early November to March. During the rainy season, daytime temperatures are pleasantly warm, but low-lying areas can sometimes be humid. The heaviest rain is confined to the highlands, while the lowland in Mozambique is much drier. The dry season tends to be cooler and generally runs from May to early October. During the dry season, daytime temperatures in the lower areas are fairly consistent at 21 to 26°C. In the highlands daytime temperatures can be considerably cooler ranging between 10 and 20°C. Nights can be particularly cold during the dry season, so warm clothing is essential!

Baggage:

- One piece of main luggage only (**max 12kg**), this should be a soft bag rather than a hard suitcase, so it can be easily stowed and not take up too much room in the vehicle or in the tent. space in the vehicle is restricted.
- A day sack (large enough to carry your camera, water bottle, & binoculars etc) is also essential.
- Sleeping Bag

Clothing and Footwear:

- For comfort in the heat, lightweight cotton is best. Brightly-coloured clothing is not appropriate for safari because it is easily seen by animals and has the added discomfort of attracting insects (wear muted tones in natural colours i.e. beige, khaki, olive, etc, but **not** army-style camouflage clothing).
- A long-sleeved shirt is essential to protect neck and arms while on game walks/drives.
- Long trousers and socks for evenings.

- Windproof/waterproof jacket.
- Lightweight trail boots.
- Trainers or sandals for relaxing.
- Sunhat.
- Swimming gear.
- Warm mid layers i.e. fleece or jumper for cool nights and early mornings
- Kagool if you are travelling during the rains.

Equipment:

- Mask, snorkel and fins (flippers)
- A laundry service may be available in some hotels, but we recommend you take biodegradable travel detergent
- Sleeping bag
- Torch (Head torch is ideal)
- Water bottle.
- Sunglasses, sunscreen and lipsalve.
- Insect repellent.
- Binoculars.
- Dust can be a problem for cameras; take a dustproof bag.

Medicine:

- Basic personal first aid kit.
- Any prescription drugs required.
- Female sanitary products.
- Malaria prophylaxis.

Visas and Permits: Mozambique requires a visa. Please obtain one beforehand.

This information is given in good faith, but may be subject to change without warning. Please note that, where appropriate, obtaining a valid visa is ultimately your responsibility. Please consult a visa agency or the consular authorities 4-6 weeks before departure for the most up-to-date information.

Vaccinations & Health Advice:

Vaccination requirements & other health advice can change, so please check with a specialised travel clinic for up to date information before you depart. For useful advice you can visit The Medical Advisory Service for Travellers Abroad www.masta.org

Nevertheless we recommend that you protect yourselves against: *Malaria, Hepatitis A, and Polio & Typhoid as a minimum.*

NB: The Yellow Fever vaccination is compulsory if travelling via an infected country. As you enter Mozambique at a land border, coming from Malawi where yellow fever is endemic, the Mozambique authorities will require you to produce a certificate to prove you have been vaccinated against yellow fever.

Food: Although every effort will be made to accommodate any dietary requirements, the availability of certain products is limited in Malawi and Mozambique. Any special dietary requirements should be explained to us in writing at time of booking. Gluten free flour should be brought with you if required. Decaffeinated coffee should be brought with you if required.

Local Costs: 10 Breakfasts, 8 lunches and 4 evening meals are included (17 Breakfasts, 10 lunches and 9 evening meals are included if taking the Mt. Mulanje extension). You must pay for all other meals

yourself (you can eat very well for £10 a day). Approximate costs are given for guidance only, and may vary widely according to location and type of establishment.

Coffee/tea	UK£0.30
Soft drink	UK£0.30
Medium beer	UK£0.60
Local snack lunch	UK£2.00
3-course dinner*	UK£7.00

*reasonable mid-range tourist class restaurant.

Optional excursions:

Some or all of the excursions detailed below may be available; others not listed may also be available. Approximate per person costs are given for guidance only, and may depend on the number of participants. Your safari guide should be able to assist you in arranging them.

Snorkelling; half day	UK£7.00
Windsurfing; one hour	UK£13.00
Motor boat; half day	UK£13.00
Dug out canoe; half day	UK£1.50
Sunset Boat Cruise	UK£10.00

Tipping: For better or worse, tipping is an accepted part of everyday life, and - although it is always at your discretion - you will be expected to tip to reward service. Your group leader will give you an indication of when and how much is appropriate. This can vary widely, but please allow £25 per person for this tour.

Seasonal changes: Although all rooms and tents that we use are protected with mosquito netting; there will be insects and mosquitoes about. The camps are essentially "al fresco" so you should be prepared with insect repellent and appropriate long sleeved/legged clothing.

Insects are attracted to lights at night and are especially prevalent during the rainy season. Switching the lights off and placing a hurricane lamp a distance from you will remove the problem.

The evenings and mornings will be chilly from about June to August; so it is advisable to take a light sweater or fleece. The Highlands in Malawi has a much cooler climate, so if you are visiting these areas warmer clothes will be required during these months.

Currency: Malawian Kwacha and Mozambique Meticalash. We recommend that you bring all you need for the trip as cash in US\$.

NB: Pre 1990 dollar bills are not accepted in most African countries. In reality there is little opportunity to change money other than at the airport on arrival, so it makes sense to change what you will need for the duration of the tour. **NB:** small note denominations are not acceptable in Mozambique, i.e. 1,5,10 & 20. Beware of marked, torn or dirty notes, as they may not be accepted. Your group leader will be able to advise you when and where else it may be possible to change currency. Optional excursions can generally be paid in US dollars cash.

Airport Tax: Please allow US\$30 payable on leaving Lilongwe



Climate Chart: Mozambique

COMPARATIVE CLIMATE CHART	MAPUTO				BEIRA				LICHINGA			
	<i>SUM</i>	<i>AUT</i>	<i>WIN</i>	<i>SPR</i>	<i>SUM</i>	<i>AUT</i>	<i>WIN</i>	<i>SPR</i>	<i>SUM</i>	<i>AUT</i>	<i>WIN</i>	<i>SPR</i>
	JAN	APR	JUL	OCT	JAN	APR	JUL	OCT	JAN	APR	JUL	OCT
Max temp. °C	31	25	21	25	34	29	22	27	25	20	19	23
Min temp. °C.	27	21	18	20	29	26	19	23	20	16	12	20
Max temp. °F.	88	77	70	77	93	84	72	81	77	68	66	73
Min temp. °F.	81	70	64	68	84	79	66	73	68	61	54	68
Rainfall inches	3	2	1.5	1.5	6	4	0.9	0.7	5	3	0.4	0
Rainfall mm	75	55	40	40	144	110	25	20	120	80	10	0